

# How to Survive in the Woods

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**DON'T PANIC** if you lose your way in the woods. The trees that seem to be closing you in are your best friends. They will supply shelter, fuel and food until you are rescued.

**FIND YOURSELF.** Before you give yourself up for lost, try to fix your position in relation to the sun, a high hill or a large lake or river. If nothing seems to help, follow the slope of the land down hill; this will often bring you to a lake which may put you back on the trail. (Too bad you don't have a compass to show you the way to go home.)

**SAVE YOURSELF.** Do not wander aimlessly; this will only waste your strength and get you nowhere. For safety's sake, do not climb trees or stumble around in the dark. While you still have daylight, find a clearing and make camp. Choose an elevated spot, where rain water will not collect, and build a shelter of green boughs. Stay in the open where you can be seen by searching aircraft.

**TRI-TRY.** Gather dead, dry wood and build three fires in a triangle. (Three fires or three anything is a distress signal.) Add green boughs to pour a heavy smudge into the sky. In travelled or flown-over parts of Ontario, this is bound to bring down a fire patrol — and rescue (and keep away insects while you wait.) Keep plenty of dry wood on hand in case of rain.

**REMEMBER** the fire safety rules. Build a fire only on bare rock, sand or mineral soil (scrape away grass and

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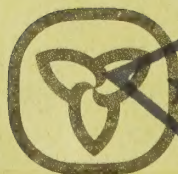
vegetable debris). Make very sure it cannot spread and start a forest fire which could trap you in the flames.

**FRESH MEAT** such as rabbits or porcupines may be close by. A shoe-lace could be used as an emergency snare, and the slow-moving porcupine dispatched by a blow on the head with a stick, but watch out for the quills. Early in the season, look in birds' nests for edible eggs. In most areas, you can easily find clams, crayfish, frogs, or snails. Cook your game on a spit or on a flat piece of rock. Keep your cooking fire small.

**FRESH FRUIT.** The berries you like best grow in profusion in season. The seeds in cones are plentiful, too, and may be eaten raw. Nuts and edible mushrooms are sometimes to hand. Many green plants, many roots and most new shoots on trees are good to eat, raw or cooked.

**CAUTION.** Some berries, plants and fungi are poisonous; better stick to the items you know to be safe.

**ALWAYS CARRY** water-proof matches, sheath knife, snare wire, fish hooks and line, compass, map, pocket first aid kit, fly dope and raisins or sweet chocolate . . . Ration your food and **DON'T PANIC.**



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